

44th ANNUAL SOUTH DAKOTA STATE GIRLS' TRACK & FIELD CHAMPIONSHIPS

Rapid City, May 25-26, 2012

Class "B"

(Total number of participants: 422)

100 Meter Dash

1. Carly Carper, 12	Old-Ramona/Rutland	12.98
2. Jessica Wegh, 11	Alcester-Hudson	13.28
3. Sierra Stotz, 10	Eureka/Bowdle	13.29
4. Lacy Stevens, 12	Edgemont	13.43
5. Sadie O'Rourke, 10	Wall	13.44
6. Tara Heinz, 9	Ipswich	13.56
7. Kayla McEldowny, 12	Castlewood	13.68
8. MaKenzie Hageman, 12	Waverly-So. Shore	13.71

200 Meter Dash

1. Carly Carper, 12	Old-Ramona/Rutland	26.83
2. Jessica Wegh, 11	Alcester-Hudson	27.11
3. Jessika Wager, 12	Gettysburg	27.19
4. Laurel Zomer, 12	Dakota Christian	27.20
5. Sadie O'Rourke, 10	Wall	27.30
6. Josie Guptill, 12	Philip	27.72
7. Tara Heinz, 9	Ipswich	28.15
8. Kalli Quicke, 12	Sunshine Bible	28.20

400 Meter Dash

1. Jessika Wager, 12	Gettysburg	59.01
2. Macy Heinz, 7	Ipswich	59.43
3. Laurel Zomer, 12	Dakota Christian	1:00.12
4. Jessica Wegh, 11	Alcester-Hudson	1:00.24
5. Jussy Tuscherer, 12	Northwestern	1:00.67
6. Kalli Quicke, 12	Sunshine Bible	1:00.98
7. Tia Carlson, 12	Kadoka Area	1:02.35
8. Cailey Roth, 9	Freeman	1:07.51

800 Meter Run

1. Macy Heinz, 7	Ipswich	2:17.35
2. Tia Carlson, 12	Kadoka Area	2:18.80
3. Lindsey Strait, 11	Castlewood	2:20.00
4. Cailey Roth, 9	Freeman	2:24.61
5. Jussy Tuscherer, 12	Northwestern	2:24.86
6. Skylar Forgey, 12	Colome	2:31.04
7. Shanna Selby, 10	Faith	2:31.65
8. Jessika Wager, 12	Gettysburg	2:31.86

1,600 Meter Run

1. Macy Heinz, 7	Ipswich	5:11.91
2. Mindy Kraft, 12	Wess. Springs	5:24.70
3. Tia Carlson, 12	Kadoka Area	5:25.58
4. Haley Strait, 9	Castlewood	5:27.95
5. Genevieve Clark, 8	Gayville-Volin	5:30.43
6. Tori Moore, 9	Ipswich	5:31.60
7. Shanna Selby, 10	Faith	5:37.86
8. Shailhyn Schweigert, 10	South Central	5:39.69

3,200 Meter Run

1. Tori Moore, 9	Ipswich	11:43.17
2. Mindy Kraft, 12	Wess. Springs	11:48.14
3. Genevieve Clark, 8	Gayville-Volin	11:51.95
4. Tia Carlson, 12	Kadoka Area	11:53.03
5. Rebecca Eberts, 8	Freeman	12:14.09
6. Megan Burma, 12	Sunshine Bible	12:14.70
7. Ellie Coyle, 8	Philip	12:17.97
8. Shailhyn Schweigert, 10	South Central	12:22.95

100 Meter Int Hurdles

1. Lauren Sokolowski, 9	Irene-Wakonda	15.37
2. BreeAna Olson, 11	Old-Ramona/Rutland	15.67
3. Josie Guptill, 12	Philip	16.43
4. Brandi BlueArm, 12	Lemmon	16.59
5. Myah Selland, 7	San. Cent/Woonsocket	16.85
6. Jackie Dethlefsen, 10	Corsica/Stickney	16.86
7. Kelsey Lee, 9	Faulkton Area	17.01
8. Cortney Hardie, 12	Faulkton Area	17.46

300 Meter Low Hurdles

1. BreeAna Olson, 11	Old-Ramona/Rutland	46.47
2. Josie Guptill, 12	Philip	47.33
3. Charley Gross, 11	James Valley Chr.	48.05
4. Kelsey Lee, 9	Faulkton Area	48.68
5. Taylor Trohkimoinen, 11	Newell	49.01
6. Tricia Wilken, 10	Sunshine Bible	49.83
7. Ariana Arampatzis, 11	Philip	50.46
8. Sarah Wedel, 12	James Valley Chr.	50.87

4x100 Meter Relay

1. Oldham-Ramona/Rutland	51.29
Kelsie Casanova, 10; Kelly Thurow, 12 Macy Hagemann, 10; Carly Carper, 12	
2. Ipswich	51.78
3. Eureka/Bowdle	52.07
4. Irene-Wakonda	52.16
5. Sully Buttes	52.29
6. Parker	53.20
7. Edgemont	53.33
8. Herreid/Selby Area	54.10

4x200 Meter Relay

1. Parker	1:47.30
Morgan Hay, 10; Brittany Olson, 9 Anna Leloux, 12; Tessa Weeldreyer, 11	
2. Oldham-Ramona/Rutland	1:48.26
3. Ipswich	1:48.98
4. Sully Buttes	1:49.63
5. Northwestern	1:52.23
6. Chester Area	1:53.82
7. Lemmon	1:54.22
Irene-Wakonda	DQ

4x400 Meter Relay

1. Ipswich	4:02.72
Angela Heinz, 8; Alexis Lloyd, 12 Maci Gauer, 10; Macy Heinz, 7	
2. Parker	4:05.81
3. Castlewood	4:13.13
4. Philip	4:14.84
5. Estelline	4:16.20
6. Sully Buttes	4:16.89
7. Canistota	4:19.57
8. Freeman	4:24.94

4x800 Meter Relay

1. Arlington	10:11.44
Janae Sampson, 10; Brett Heuer, 10 Josie Parry, 9; Daylee Olson, 9	
2. Estelline	10:19.75
3. Ipswich	10:24.24
4. Kadoka Area	10:24.51
5. James Valley Christian	10:24.54
6. Gayville-Volin	10:27.19
7. Philip	10:27.25
8. Canistota	10:27.84

1,600 Meter Sprint Medley

1. Castlewood	4:17.36
Kelsey Little, 12; Sierra Johnson, 9 Kayla McEldowney, 12; Lindsey Strait, 11	
2. Alcester-Hudson	4:29.04
3. Estelline	4:29.26
4. Wessington Springs	4:30.82
5. Freeman	4:34.70
6. Eureka/Bowdle	4:35.35
7. Canistota	4:36.47
8. South Central	4:39.39

Shot Put

1. Shelby Reed, 10	Estelline	39'06.00"
2. Shekota Myer, 10	Northwestern	39'01.25"
3. Jaclyn Loban, 11	James Valley	38'08.75"
4. Haley Hinseth, 12	Irene-Wakonda	38'05.50"
5. Madison Kienow, 11	Ipswich	37'09.00"
6. Maria Huntimer, 10	DeSmet	37'07.50"
7. Amanda Poppen, 11	DeSmet	37'01.00"
8. Ashley Robinson, 12	Hanson	36'09.00"

Discus Throw

1. Amanda Poppen, 11	DeSmet	125'05"
2. Ashley Robinson, 12	Hanson	123'01"
3. Anna Leloux, 12	Parker	122'10"
4. Shekota Myer, 11	Northwestern	121'06"
5. Haley Hinseth, 12	Irene-Wakonda	121'04"
6. Madison Kienow, 11	Ipswich	116'10"
7. Maria Huntimer, 10	DeSmet	112'08"
8. Kalla Sauvage, 11	Corsica/Stickney	111'00"

High Jump

1. Kelsey Kaufmann, 12	Arlington	5'05.00"
2. Haylee Biel, 10	Herr./Selby Area	5'04.00"
3. Logan O'Farrell, 11	Summit	5'01.00"
4. Haley Jorgensen, 12	Viborg/Hurley	J5'01.00"
5. Jackie Dethlefsen, 10	Corsica/Stickney	4'11.00"
6. Kellie Winckler, 11	Andes Central	J4'11.00"
7. Taylor Trohkimoinen, 11	Newell	J4'11.00"
8. Jaime Tschetter, 12	Freeman Acad.	J4'11.00"
8. Presley O'Farrell, 11	Summit	J4'11.00"

Long Jump

1. Taylor Trohkimoinen, 11	Newell	16'05.25"
2. Kelsey Kaufmann, 12	Arlington	J16'05.25"
3. Carly Carper, 12	Old-Ram/Rutland	16'03.25"
4. Kalli Quicke, 12	Sunshine Bible	16'02.75"
5. Daina Wilde, 8	Castlewood	16'00.00"
6. Megan Sandmeier, 12	Eureka/Bowdle	15'10.50"
7. Abbi Klyaic, 12	Canistota	15'07.75"
8. Lacy Stevens, 12	Edgemont	15'03.75"

Triple Jump

1. Ali Haines, 12	Kimb./Wh. Lake	35'01.00"
2. Lacy Stevens, 12	Edgemont	34'06.75"
3. Megan Sandmeier, 12	Eureka/Bowdle	34'06.00"
4. Kristie Mettler, 11	Timber Lake	33'07.50"
5. Kieran O'Malley, 11	Centerville	33'07.00"
6. Sierra Stugelmeyer, 10	Harding County	33'05.50"
7. Kate Rasmussen, 10	Kadoka Area	33'00.25"
8. Lexy Schenk, 12	Irene-Wakonda	32'02.25"

Pole Vault

1. Jessica Wager, 12	Gettysburg	10'03.00"
2. Ariana Arampatzis, 11	Philip	J10'03.00"
3. Autumn Pitz, 8	Ipswich	9'00.00"
4. Kelsey Kaufmann, 12	Arlington	8'06.00"
5. Tearnee Nelson, 11	Faith	J8'06.00"
6. Alana Gray, 12	Faith	J8'06.00"
7. Pearl Gaidelis, 12	Irene-Wakonda	J8'06.00"
8. Katelyn Kotalik, 12	Menno	8'00.00"

J – denotes Judge's Decision

Track events listed in meters. Field events listed in feet and inches.

**44th ANNUAL SOUTH DAKOTA STATE
GIRLS' TRACK & FIELD CHAMPIONSHIPS
Spearfish, Rapid City - May 25-26, 2012
Class "A"**

(Total number of participants: 459)

100 Meter Dash

1. Sienah Mulbah, 10	West Central	12.83
2. Stachia Reuwsaat, 11	St. Thomas More	12.96
3. Courtney Trapp, 11	Milbank	13.03
4. Emily Kahnke, 10	Florence/Henry	13.11
5. Cassidy Gebhart, 12	Elkton-Lake Benton	13.15
6. Janelle Paulson, 11	Clark/Willow Lake	13.22
7. Kassi Jones, 8	Britton-Hecla	13.23
8. Annie Fulton, 9	Miller	13.29

200 Meter Dash

1. Sienah Mulbah, 10	West Central	26.41
2. Kala McDonald, 11	Hill City	26.54
3. Stacy Smidt, 10	SF Christian	26.57
4. Cassidy Gebhart, 12	Elkton-Lake Benton	26.75
5. Paige Sommers, 10	Aberdeen Roncalli	26.96
6. Kassidy Keller, 12	Mobridge-Pollock	27.02
7. Liz Schwartz, 12	Spearfish	27.03
8. Miranda Velgersdyk, 10	SF Christian	27.50

400 Meter Dash

1. Kala McDonald, 11	Hill City	58.67
2. Alexys Swedlund, 9	St. Thomas More	59.48
3. Lexi Finck, 11	Madison	59.61
4. Tiara Gibson, 11	Deuel	59.93
5. Miranda Velgersdyk, 10	SF Christian	1:00.00
6. Evelyn Klein, 11	Deubrook Area	1:00.10
7. Kristin Stern, 10	SF Christian	1:01.42
8. Tara Kuper, 10	Lennox	1:01.91

800 Meter Run

1. Karley Konkol, 12	Custer	2:17.56
2. Emily Mammenga, 12	West Central	2:20.90
3. Erin Nolz, 12	Garretson	2:22.68
4. Elise Twohy, 12	St. Thomas More	2:23.54
5. Katie McNeary, 12	Aberdeen Roncalli	2:23.85
6. Shelby Stagner, 11	Lead-Deadwood	2:26.06
7. Evelyn Klein, 11	Deubrook Area	2:27.64
8. Camille Maciejewski, 11	Hot Springs	2:28.57

1,600 Meter Run

1. Karley Konkol, 12	Custer	5:18.43
2. Erin Nolz, 12	Garretson	5:22.72
3. Katie McNeary, 12	Abd. Roncalli	5:24.86
4. Emily Hawkes, 9	Madison	5:27.17
5. Mikayla Prouty, 9	Clark/Willow Lake	5:29.82
6. Meagan Schenk, 8	Harrisburg	5:30.00
7. Destiny Beautiful Bald Eagle, 9	Cheyenne-EB	5:31.34
8. Justine VanZee, 11	SF Christian	5:31.72

3,200 Meter Run

1. Hailie McMains, 8	Canton	11:53.31
2. Mikayla Prouty, 9	Clark/Willow Lake	11:57.12
3. Hailey Streff, 7	Madison	11:59.09
4. Nicolette Schmidt, 7	Redfield/Doland	12:02.12
5. Justine Vanzee, 11	SF Christian	12:02.98
6. Savanna Childers, 10	Spearfish	12:03.26
7. Mattisen Kelley, 9	Custer	12:04.09
8. Emily Hawkes, 9	Madison	12:04.29

100 Meter Int Hurdles

1. Laura Blom, 12	Madison	15.76
2. Haley Bruggeman, 9	Harrisburg	15.78
3. Allie Macdonald, 12	West Central	15.98
4. Corby White, 11	St. Thomas More	16.09
5. Cailyn Schreurs, 11	Harrisburg	16.16
6. Lauren Hill, 11	Tea Area	16.20
7. Emma Steers, 11	Miller	16.30
8. Alison Klostergaard, 12	Beresford	16.42

300 Meter Low Hurdles

1. Corby White, 11	St. Thomas More	46.00
2. Cailyn Schreurs, 11	Harrisburg	46.96
3. Haley Bruggeman, 9	Harrisburg	47.47
4. Kaitlin Hinich, 10	Spearfish	47.82
5. Shelby Zomermaand, 8	SF Christian	48.03
6. Val Moos, 10	Vermillion	48.83
7. Tayler Koch, 8	Spearfish	49.47
Lauren Hill, 11	Tea Area	DQ

4x100 Meter Relay

1. West Central	50.87
Sienah Mulbah, 10; Kylee Thompson, 11 Alyssa Helvig, 11; Allie Macdonald, 12	
2. Sioux Falls Christian	51.05
3. Tea Area	51.76
4. Madison	51.89
5. Milbank	52.04
6. Spearfish	52.39
7. Canton	52.78
8. St. Thomas More	53.05

4x200 Meter Relay

1. Sioux Falls Christian	1:44.62
Kara Koth, 10; Kristin Stern, 10	
Miranda Velgersdyk, 10; Stacy Smidt, 10	
2. Spearfish	1:47.38
3. West Central	1:48.58
4. Elkton-Lake Benton	1:49.00
5. Lead-Deadwood	1:49.14
6. Madison	1:49.48
7. Harrisburg	1:49.77
8. Tea Area	1:50.40

4x400 Meter Relay

1. Sioux Falls Christian	4:03.70
Kara Koth, 10; Kristen Stern, 10	
Stacy Smidt, 10; Miranda Velgersdyk, 10	
2. Elkton-Lake Benton	4:04.56
3. St. Thomas More	4:08.10
4. Spearfish	4:10.19
5. Aberdeen Roncalli	4:10.22
6. Harrisburg	4:10.75
7. Hill City	4:11.89
8. West Central	4:12.30

4x800 Meter Relay

1. Aberdeen Roncalli	9:45.30
Mollee Karst, 11; Erica Carrels, 9	
Katie McNeary, 12; Kendra Woytassek, 11	
2. Spearfish	9:47.75
3. Hot Springs	9:53.80
4. Madison	9:56.44
5. Platte-Geddes	9:58.11
6. Sioux Falls Christian	9:58.85
7. West Central	10:01.88
8. Harrisburg	10:03.08

1,600 Meter Sprint Medley

1. Custer	4:17.49
Mo Mack, 11; Samantha McNeel, 11	
Victoria Dahlstrom, 11; Karley Konkol, 12	
2. St. Thomas More	4:19.16
3. West Central	4:20.48
4. Canton	4:25.99
5. Vermillion	4:27.70
6. Dell Rapids	4:28.63
7. Aberdeen Roncalli	4:37.03
8. Elk Point-Jefferson	4:43.40

Shot Put

1. Danielle Waldner, 11	Redfield/Doland	41'09.50"
2. Kayla Lester, 12	Lead/Deadwood	39'05.00"
3. Kylie Martin, 11	Dakota Valley	39'00.25"
4. Allison Cross, 11	Tri-Valley	38'01.25"
5. Hannah McKelvey, 11	Beresford	37'04.50"
6. Alexis Watts, 12	Miller	36'08.75"
7. Elizabeth Szymonski, 12	Vermillion	36'07.25"
8. Mackenzie Huber, 9	Clark/Will. Lake	36'02.50"

Discus Throw

1. Mary Ginsbach, 11	Hot Springs	135'01"
2. Kayla Lester, 12	Lead/Deadwood	134'08"
3. Stephanie Gemar, 10	Mobridge-Pollock	128'07"
4. Breanna Bullert, 10	Webster Area	120'02"
5. Cassidy Wright, 11	Dell Rapids	118'02"
6. Ashley Currey, 12	Madison	117'02"
7. Ashley Ostrem, 11	Beresford	117'00"
8. Elizabeth Szymonski, 12	Vermillion	115'04"

High Jump

1. Lizzie Hubbard, 11	Spearfish	5'04.00"
2. Emma Johnson, 9	Tri-Valley	5'03.00"
3. Destinni Girton, 12	Platte-Geddes	5'01.00"
4. Ellie Atkins, 11	Baltic	J5'01.00"
5. LaShawn Medicine Horn, 12	Wagner	J5'01.00"
6. Abby Christiansen, 9	Madison	J5'01.00"
7. Taylor Kratovil, 10	Bennett County	4'11.00"
8. Kiara VanderPol, 11	SF Christian	J4'11.00"

Long Jump

1. Janelle Paulson, 11	Clark/Will. Lake	17'00.00"
2. Madie Vietor, 10	Dell Rapids	16'08.00"
3. Kylie Hanisch, 9	West Central	16'06.00"
4. Cassidy Gebhart, 12	Elkton-LB	16'02.00"
5. Samantha McNeel, 11	Custer	16'01.00"
6. Kamberlyn Lamer, 9	Tri-Valley	15'11.75"
7. April King, 12	Tri-Valley	15'10.00"
8. Kara Koth, 10	SF Christian	15'08.75"

Triple Jump

1. Coley Stoller, 10	Madison	37'04.75"
2. April King, 12	Tri-Valley	35'08.25"
3. Madie Vietor, 10	Dell Rapids	35'01.50"
4. Janelle Paulson, 11	Clark/Will. Lake	35'00.00"
5. Alison Klostergaard, 12	Beresford	34'03.75"
6. Dayna Diez, 12	Winner	32'11.25"
7. Kamberlyn Lamer, 9	Tri-Valley	32'09.75"
8. Caitlin McLouth, 10	Bon Homme	32'08.00"

Pole Vault

1. Lily Walker, 11	Belle Fourche	10'00.00"
2. Caitlin Gehner, 10	Spearfish	9'03.00"
3. Mackenzie Huber, 11	Vermillion	J9'03.00"
4. Sarah Martenson, 12	Sisseton	8'09.00"
5. Ashley Schwebach, 10	Madison	J8'09.00"
6. Molly Koch, 12	Elkton-LB	J8'09.00"
7. Danielle Bloom, 12	Madison	J8'09.00"
8. Allison Brooks, 9	SF Christian	J8'09.00"

J – denotes Judge's Decision

Track events listed in meters. Field events listed in feet and inches.

**44th ANNUAL SOUTH DAKOTA STATE
GIRLS' TRACK & FIELD CHAMPIONSHIPS
Sturgis, Rapid City - May 25-26, 2012
Class "AA"**

(Total number of participants: 334)

100 Meter Dash

1. Kari Heck, 12	SF Washington	12.52
2. Kyerra Titus-Baer, 11	Douglas	12.91
3. Karissa Prpich, 11	RC Stevens	13.02
4. Ravan Kott, 11	SF Lincoln	13.04
5. Cara Groseth, 12	RC Stevens	13.05
6. Cortney Dowling, 8	Pierre Riggs	13.09
7. Macy Denzer, 8	Watertown	13.16
8. Brooke Ireland, 10	Sturgis Brown	13.18

3,200 Meter Run

1. Rachel Propst, 9	Pierre Riggs	11:12.01
2. Hannah Kastigar, 11	Aberdeen Cent.	11:22.14
3. Emily Berzonsky, 9	Brookings	11:23.16
4. Savannah Woods, 8	Yankton	11:27.33
5. Abbie Harrelson, 7	Douglas	11:37.98
6. Kelsi Kearney, 7	SF Washington	11:42.91
7. Katie Patrick, 7	SF Lincoln	11:43.11
8. Annie Kruse, 10	Yankton	11:44.59

200 Meter Dash

1. Kari Heck, 12	SF Washington	25.19
2. Brooke Ireland, 10	Sturgis Brown	26.17
3. Cortney Dowling, 8	Pierre Riggs	26.18
4. Macy Denzer, 8	Watertown	26.43
5. Karissa Prpich, 11	RC Stevens	26.53
6. Lexie Hammerquist, 12	RC Stevens	26.54
7. Kacey Herrmann, 12	RC Stevens	26.83
8. Tory Snyder, 11	Pierre Riggs	27.00

100 Meter Int Hurdles

1. Ashley Thompson, 11	RC Stevens	15.19
2. Tessa Gorsuch, 11	RC Central	15.43
3. Jordyn Oostra, 10	RC Central	15.90
4. Kati Rath, 11	RC Stevens	16.12
5. Theresa Johnson, 10	Pierre Riggs	16.18
6. Ashley Solano, 9	RC Central	16.32
7. Emme Sumner, 11	Brandon Valley	16.40
8. Kara Robbins, 10	Brookings	16.89

400 Meter Dash

1. Kari Heck, 12	SF Washington	55.91
2. Brooke Ireland, 10	Sturgis Brown	57.80
3. Abby Davis, 12	Watertown	59.45
4. Chandler Nielsen, 12	SF O'Gorman	59.91
5. Cortney Dowling, 8	Pierre Riggs	1:00.49
6. Eileen Leong, 10	Pierre Riggs	1:00.77
7. Brooke DeVos, 9	SF Roosevelt	1:00.95
8. Evelyn Jorgenson, 10	Brandon Valley	1:01.31

300 Meter Low Hurdles

1. Ashley Thompson, 11	RC Stevens	45.46
2. Lori Foltz, 12	Watertown	45.87
3. Jordyn Oostra, 10	RC Central	J45.87
4. Ashley Solano, 9	RC Central	47.09
5. Savannah Murray, 10	SF Lincoln	47.22
6. Hayley Durland, 9	SF Washington	47.26
7. Kalli Thue, 10	Watertown	48.75
8. Kati Rath, 11	RC Stevens	49.83

800 Meter Run

1. Hannah Hearn, 10	RC Central	2:16.75
2. Emily Person, 9	RC Stevens	2:17.06
3. Whitlee Larson, 10	Yankton	2:18.14
4. Tia Hemiller, 12	Watertown	2:18.26
5. Alex Hess, 12	SF Roosevelt	2:18.46
6. Brynn Flakus, 11	Aberdeen Cent.	2:22.77
7. Lexi Weisbeck, 9	Aberdeen Cent.	2:23.21
8. Alexis Colhoff, 8	RC Central	2:23.49

4x100 Meter Relay

1. Rapid City Stevens	49.37
Emily Delzer, 9; Kacey Herrmann, 12 Cara Groseth, 12; Karissa Prpich, 11	
2. Watertown	49.77
3. Rapid City Central	50.13
4. Sioux Falls Lincoln	50.40
5. Yankton	50.89
6. Brookings	50.94
7. Pierre Riggs	51.45
8. Aberdeen Central	51.53

1,600 Meter Run

1. Rachel Propst, 9	Pierre Riggs	5:15.47
2. Alex Hess, 12	SF Roosevelt	5:15.83
3. Hannah Kastigar, 11	Aberdeen Cent.	5:16.31
4. Emily Person, 9	RC Stevens	5:18.23
5. Kelsi Kearney, 7	SF Washington	5:19.10
6. Kahlie Peterson, 10	Sturgis Brown	5:19.17
7. Emily Berzonsky, 9	Brookings	5:19.23
8. Rachel Mayforth, 9	RC Central	5:26.15

4x200 Meter Relay

1. Rapid City Stevens	1:43.61
Lexie Hammerquist, 12; Kacey Herrmann, 12 Cara Groseth, 12; Karissa Prpich, 11	
2. Rapid City Central	1:45.13
3. Sioux Falls Lincoln	1:46.15
4. Brandon Valley	1:47.13
5. Brookings	1:48.13
6. Sioux Falls Washington	1:48.45
7. Aberdeen Central	1:48.56
8. Yankton	1:48.61

4x400 Meter Relay

1. Watertown	3:58.07
Lori Foltz, 12; Tia Hemiller, 12 Molly DeSpiegler, 10; Abby Davis, 12	
2. Sturgis Brown	3:59.20
3. Rapid City Central	4:02.04
4. Rapid City Stevens	4:02.58
5. Sioux Falls Washington	4:03.40
6. Mitchell	4:06.78
7. Pierre Riggs	4:07.22
8. Brandon Valley	4:08.04

4x800 Meter Relay

1. Aberdeen Central	9:33.14
Lexi Weisbeck, 9; Brynn Flakus, 11 Morghana Waage, 10; Hannah Kastigar, 11	
2. Watertown	9:35.58
3. Rapid City Central	9:37.79
4. Rapid City Stevens	9:43.65
5. Sturgis Brown	9:48.91
6. Mitchell	9:53.66
7. Brookings	9:55.70
8. Douglas	10:05.44

1,600 Meter Sprint Medley

1. Watertown	4:14.58
Brittany Stangl, 12; Abby Davis, 12 Molly Despiegler, 10; Tia Hemiller, 12	
2. Aberdeen Central	4:18.14
3. Rapid City Central	4:18.73
4. Sioux Falls Washington	4:20.61
5. Rapid City Stevens	4:22.53
6. Mitchell	4:23.30
7. Brandon Valley	4:30.51
8. Sturgis Brown	4:32.64

Shot Put

1. Michaela Mayer, 10	SF Washington	43'04.00"
2. Cera Ledbetter, 11	SF Lincoln	40'05.25"
3. Sydney Palmer, 9	Pierre Riggs	39'09.00"
4. Tori Holt, 11	RC Central	37'04.75"
5. Allison Koehn, 11	Brandon Valley	35'11.50"
6. Mikayla Whirlwind Horse, 12	SF Roosevelt	35'07.50"
7. Tori Langin, 12	SF O'Gorman	35'05.00"
8. Abby Sudbeck, 9	Mitchell	35'03.00"

Discus Throw

1. Cera Ledbetter, 11	SF Lincoln	135'03"
2. Allison Koehn, 11	Brandon Valley	126'04"
3. Katie Lembcke, 9	SF Roosevelt	114'01"
4. Mikayla Whirlwind Horse, 12	SF Roosevelt	114'00"
5. Brianna Holter, 12	Watertown	112'08"
6. Jessica Mieras, 9	SF O'Gorman	112'02"
7. Sydney Palmer, 9	Pierre Riggs	110'10"
8. Samantha Tippmann, 10	RC Central	107'03"

High Jump

1. Collette Christensen, 10	RC Central	5'06.00"
2. Lauren Schad, 11	RC Central	J5'06.00"
3. Kelsey Fitzgerald, 11	Yankton	5'05.00"
4. Alexis Clark, 10	Aberdeen Cent.	5'03.00"
5. Gena Burley, 12	Pierre Riggs	J5'03.00"
6. Hannah Bohling, 9	Aberdeen Cent.	5'01.00"
7. Jordan Three Stars, 10	RC Stevens	J5'01.00"
8. Anna Bondy, 11	Pierre Riggs	J5'01.00"

Long Jump

1. Alexis Gannon, 10	Brookings	18'06.25"
2. Kari Heck, 12	SF Washington	18'05.00"
3. Lauren Schad, 11	RC Central	17'03.50"
4. Jamie Larson, 9	Aberdeen Cent.	16'07.75"
5. Courtney Herrick, 11	Brandon Valley	16'07.50"
6. Liz Magnuson, 11	SF Lincoln	16'03.75"
7. Larissa Swanson, 11	Aberdeen Cent.	15'08.25"
8. Alyssa Weidler, 8	SF O'Gorman	15'07.25"

Triple Jump

1. Collette Christensen, 10	RC Central	38'08.00"
2. Ashley Thompson, 11	RC Stevens	38'04.50"
3. Kaylynn Erlandson, 12	Brandon Valley	35'10.50"
4. Alexis Gannon, 10	Brookings	J35'10.50"
5. Liz Magnuson, 11	SF Lincoln	35'09.50"
6. Adriana McGregor, 12	RC Stevens	35'06.50"
7. Alexis Clark, 10	Aberdeen Cent.	34'03.25"
8. Ariel Toles, 11	RC Central	34'00.75"

Pole Vault

1. Brittany Stangl, 12	Watertown	11'09.00"
2. Emily VanLaecken, 12	Watertown	11'03.00"
3. Courtney Crandall, 12	RC Central	10'09.00"
3. Brianna Bedard, 11	RC Stevens	J10'09.00"
5. Alexis Clark, 10	Aberdeen Cent.	10'03.00"
6. Hannah Bohling, 9	Aberdeen Cent.	J10'03.00"
7. Courtney Cassen, 11	Sturgis Brown	9'09.00"
7. Tessa Musil, 11	Huron	9'09.00"

J – denotes Judge's Decision

Track events listed in meters. Field events listed in feet and inches.

TEAM POINTS



State Class "B" Track and Field Champions Ipswich Lady Tigers

CLASS "B" TEAM POINTS

1. Ipswich	89	23. Faith	11
2. Oldham-Ramona/Rutland	62	25. Kimball/White Lake	10
3. Philip	36	26. Herreid/Selby Area	9
4. Arlington.....	33	26. Hanson.....	9
4. Castlewood	33	28. Wall	8
6. Alcester-Hudson	29	28. Faulkton Area	8
7. Estelline	28	28. Corsica/Stickney	8
7. Kadoka Area.....	28	31. Canistota.....	7
9. Irene-Wakonda	27	31. Lemmon.....	7
9. Gettysburg	27	33. Summit	6.5
9. Parker.....	27	34. Viborg/Hurley.....	5
12. Northwestern	25	34. Timber Lake	5
13. Eureka/Bowdle	24	36. Sanborn Central/Woonsocket	4
14. Wessington Springs	21	36. Centerville	4
15. James Valley Christian	17	38. Harding County	3
15. DeSmet	17	38. Andes Central	3
17. Newell	16	38. South Central	3
17. Edgemont.....	16	38. Colome	3
19. Freeman	15	38. Chester Area	3
19. Sunshine Bible Academy.....	15	43. Waverly-South Shore	1
21. Gayville-Volin.....	13	43. Menno.....	1
22. Sully Buttes	12	45. Freeman Academy.....	0.5
23. Dakota Christian	11		

TEAM POINTS



State Class "A" Track and Field Champions West Central Trojans

CLASS "A" TEAM POINTS

1. West Central..... 65	21. Milbank 10
2. Madison..... 63	21. Platte-Geddes 10
3. Sioux Falls Christian 56	21. Belle Fourche 10
4. Spearfish..... 54	25. Mobridge-Pollock..... 9
5. St. Thomas More 51	26. Dakota Valley..... 6
6. Custer 36	26. Miller..... 6
7. Harrisburg 35	28. Sisseton 5
8. Clark/Willow Lake..... 31	28. Baltic 5
9. Aberdeen Roncalli..... 30	28. Webster Area..... 5
9. Elkton-Lake Benton 30	28. Florence/Henry..... 5
11. Tri-Valley..... 28	28. Deubrook Area 5
12. Lead-Deadwood 23	28. Deuel 5
13. Dell Rapids..... 21	34. Wagner 4
14. Hill City..... 20	35. Winner 3
15. Hot Springs..... 17	36. Bennett County..... 2
15. Canton 17	36. Britton-Hecla..... 2
17. Vermillion 16	36. Cheyenne-Eagle Butte..... 2
18. Redfield/Doland 15	39. Elk Point-Jefferson..... 1
19. Garretson 14	39. Lennox..... 1
20. Beresford..... 11	39. Bon Homme 1
21. Tea Area 10	

TEAM POINTS



State Class "AA" Track and Field Champions Rapid City Central Cobblers

CLASS "AA" TEAM POINTS

1. Rapid City Central 119	9. Brookings 33
2. Rapid City Stevens 110	9. Brandon Valley..... 33
3. Watertown 86	11. Sioux Falls Roosevelt 28
4. Sioux Falls Washington..... 70	12. Yankton 23
5. Aberdeen Central 64	13. Douglas..... 13
6. Pierre Riggs 58	14. Sioux Falls O’Gorman 11
7. Sioux Falls Lincoln..... 47	15. Mitchell..... 10
8. Sturgis Brown 34.5	16. Huron 1.5

“GOLD MEDAL” AWARDS

The South Dakota High School Activities Association has sponsored the “Gold Medal Award” since 1986. To qualify to receive this “Gold Medal”, an athlete must have the best time or greatest distance in each event, regardless of class. In the track events, only the best time in the finals shall be considered. For example, in the Girls’ 100m Dash, if the Class “AA” winner’s time is :12.71, the Class “A” winner’s time is :13.30 and the Class “B” winner’s time is :13.07, the “Gold Medal” would be awarded to the Class “AA” champion. That individual had the fastest time in the 100m Dash. This award will be given in all track and field events for both boys and girls and will be given each year at the State Track and Field Meet.

2012 GIRLS’ GOLD MEDAL RECIPIENTS

100 Meter Dash	Kari Heck-12	Sioux Falls Washington	12.52
200 Meter Dash	Kari Heck-12	Sioux Falls Washington	25.19
400 Meter Dash	Kari Heck-12	Sioux Falls Washington	55.91
800 Meter Run	Hannah Hearn-10	Rapid City Central	2:16.45
1,600 Meter Run	Macy Heinz-7	Ipswich	5:11.91
3,200 Meter Run	Rachel Propst-9	Pierre Riggs	11:12.01
100 Meter Int Hurdles	Ashley Thompson-11	Rapid City Stevens	15.19
300 Meter Low Hurdles	Ashley Thompson-11	Rapid City Stevens	45.46
4x100 Meter Relay	Rapid City Stevens Emily Delzer, 9; Kacey Herrmann, 12 Cara Groseth, 12; Karissa Prpich, 11		49.37
4x200 Meter Relay	Rapid City Stevens Lexie Hammerquist, 12; Kacey Herrmann, 12 Cara Groseth, 12; Karissa Prpich, 11		1:43.61
4x400 Meter Relay	Watertown Lori Foltz, 12; Tia Hemiller, 12 Molly DeSpiegler, 10; Abby Davis, 12		3:58.07
4x800 Meter Relay	Aberdeen Central Lexi Weisbeck, 9; Brynn Flakus, 11 Morghan Waage, 10; Hannah Kastigar, 11		9:33.14
Sprint Medley Relay	Watertown Brittany Stangl, 12; Abby Davis, 12 Molly Despiegler, 10; Tia Hemiller, 12		4:14.58
Shot Put	Michaela Mayer-10	Sioux Falls Washington	43’04.00”
Discus Throw	Cera Ledbetter-11	Sioux Falls Lincoln	135’03”
High Jump	Collette Christensen-10	Rapid City Central	5’06.00”
Long Jump	Alexis Gannon-10	Brookings	18’06.25”
Triple Jump	Collette Christensen-10	Rapid City Central	38’08.00”
Pole Vault	Brittany Stangl-12	Watertown	11’09.00”

GIRLS' "GOLD MEDAL" HONOR ROLL

Most Individual Medals - One Year

Four Awards

Amber Abrams, RC Central - Class "AA" (100m Dash, 200m Dash, 4 x 100m Relay, 4 x 200m Relay - 1999)
Kari Heck, SF Washington – Class "AA" (100m Dash, 200m Dash, 400m Dash, Long Jump – 2011)
Jasmyne King, RC Central – Class "AA" (100m Dash, 200m Dash, 400m Dash, Long Jump – 2007)
Jasmyne King, RC Central – Class "AA" (100m Dash, 200m Dash, 400m Dash, Long Jump – 2008)
Brittany Page, Watertown – Class "AA" (100m Dash, 200m Dash, 400m Dash, 4 x 400m Relay – 2005)
Julie Schwengler, RC Stevens – Class "AA" (400m Dash, 800m Run, 4 x 400m Relay, 4 x 800m Relay – 2004)
Jill Theeler, Mitchell - Class "AA" (100m Dash, 200m Dash, 400m Dash, 4 x 400m Relay - 1996)
Jill Theeler, Mitchell - Class "AA" (100m Dash, 200m Dash, 400m Dash, 4 x 400m Relay - 1997)
Cherise Thompson, RC Stevens - Class "AA" (400m Dash, 800m Run, 4 x 400m Relay, 4 x 800m Relay - 2000)
Megan Trotter, RC Central – Class "AA" (100m Dash, 200m Dash, 4 x 100m Relay, 4 x 200m Relay - 2002)
Megan Trotter, RC Central – Class "AA" (100m Dash, 200m Dash, 4 s 100m Relay, 4 x 200m Relay – 2003)
Anne Vollmer, RC Central - Class "AA" (100m Hurdles, 300m Hurdles, 4 x 200m Relay, 4 x 400m Relay - 1992)
Ann Westby, Brookings - Class "AA" (800m Run, 1600m Run, 3200m Run, 4 x 800m Relay - 1989)

Three Awards

Amber Abrams, RC Central - Class "AA" (100m Dash, 200m Dash, 4 x 100m Relay - 1998)
Jodi Bowne, Elkton - Class "B" (100m Dash, 200m Dash, 400m Dash - 1992)
Leslie Brost, Watertown – Class "AA" (4 x 200m Relay, 4 x 400m Relay, Pole Vault – 2008)
Allison Eckert, SF Roosevelt – Class "AA" (800m Run, 1600m Run, 3200m Run – 2006)
Brittany Garner, RC Stevens – Class "AA" (100m Dash, 200m Dash, 4 x 100m Relay – 2004)
Brittany Garner, RC Stevens – Class "AA" (200m Dash, 400m Dash, 4 x 400m Relay – 2006)
Sara Gill, RC Central - Class "AA" (4 x 100m Relay, 4 x 200m Relay, 4 x 400m Relay – 1992)
Tamara Gorman, RC Stevens – Class "AA" (1600m Run, 3200m Run, 4 x 800m Relay – 2011)
Kari Heck, SF Washington – Class "AA" (100m Dash, 200m Dash, 400m Dash – 2012)
Amy Jensen, Brandon Valley - Class "AA" (100m Dash, 200m Dash, 4 x 100m Relay)
Ramsey Kavan, Yankton – Class "AA" (1600m Run, 3200 Run, Medley Relay - 2002)
Dawn Koehn, Watertown - Class "AA" (200m Dash, 400m Dash, 4 x 200m Relay - 1989)
Julie Knight, RC Central - Class "AA" (300m Hurdles, 4 x 200m Relay, 4 x 400m Relay - 1990)
Jamie Krautschun, Spearfish - Class "AA" (100m Hurdles, 4 x 100m Relay, 4 x 200m Relay - 1994)
Jaime Pauli, Milbank - Class "A" (1600m Run, 4 x 800m Relay, Medley Relay)
Hiedi Reed, Canton - Class "A" (1600m Run, 3200m Run, Medley Relay - 1992)
Kelly Rhodes, SF Lincoln - Class "AA" (100m Hurdles, 300m Low Hurdles, 4 x 400m Relay - 1986)
Barb Riemenschneider, RC Stevens - Class "AA" (4 x 100m Relay, 4 x 200m Relay, 100m Hurdles - 1987)
Barb Riemenschneider, RC Stevens - Class "AA" (100m Hurdles, 4 x 100m Relay, 4 x 200m Relay - 1988)
Steph Schueler, SF Lincoln - Class "AA" (100m Dash, 200m Dash, 400m Dash 1986, 1987)
Heather Sieler, Huron - Class "AA" (800m Run, 4 x 400m Relay, Medley Relay - 1998)
Cori Vining, Huron - Class "AA" (100m Hurdles, 300m Hurdles, 4 x 200m Relay - 2000)
Anne Vollmer, RC Central - Class "AA" (100m Hurdles, 300m Hurdles, 4 x 200m Relay - 1993)
Ann Westby, Brookings - Class "AA" (1600m Run, 3200m Run & Medley Relay - 1988)
Lindsay Young, Spearfish - Class "AA" (200m Dash, 4 x 100m Relay, 4 x 200m Relay - 1994)

Relay "Gold Medal Awards" - All-Time

Aberdeen Central - 4 x 100m Relay - 1986; 4 x 200m Relay - 1995, 1996, 1998; Sprint Medley – 2000; 4 x 800m Relay - 2012
Aberdeen Roncalli - 4 x 800m Relay - 1998
Bon Homme - 4 x 800m Relay - 1986;
Brandon Valley - 4 x 100m Relay - 1995, 1996;
Brookings - 4 x 800m Relay - 1989; Medley Relay - 1988; 4 x 100m Relay - 2009
Canton - Medley Relay - 1992;
Chamberlain - Medley Relay - 2001
De Smet - Medley Relay - 1989
Herried - 4 x 400m Relay - 1994;
Hoven - 4 x 400m Relay - 1989; 4 x 800m Relay - 1991
Huron - 4 x 200m Relay - 2000; 4 x 400m Relay - 1998, 1999; Medley Relay – 1998
Madison – 4 x 100m Relay - 2005
Miller - 4 x 200m Relay – 1986;

Milbank - 4 x 400m Relay - 1993; 4 x 800m Relay - 1994, 1996; Medley Relay - 1996
 Mitchell - 4 x 100m Relay - 1991; 4 x 200m Relay - 1991; 4 x 400m Relay - 1995, 1996, 1997;
 Pierre - 400m Relay - 1988, 1991; 4 x 800m Relay - 1990;
 RC Central - 4 x 100m Relay - 1989, 1992, 1998, 1999; 2000, 2001, 2002, 2003, 2010; 4 x 200m Relay - 1990, 1992, 1993, 1997, 1999, 2002, 2003; 4 x 400m Relay - 1990, 1992; 4 x 800m Relay - 1988, 92, 93;
 RC Stevens - 4 x 100m Relay - 1987, 1988, 2004, 2006, 2007, 2008, 2011, 2012; 4 x 200m Relay - 1987, 1988, 2005, 2010, 2011, 2012; 4 x 400m Relay - 2000, 2001, 2002, 2003, 2004, 2006, 2010; 4 x 800m Relay - 1997, 1999, 2000, 2001, 2002, 2004, 2011; Sprint Medley - 2010
 SF Lincoln - 4 x 400m Relay - 1986, 1987; Medley Relay - 2003;
 SF O’Gorman - 4 x 100m Relay - 1993; 4 x 800m Relay - 1987; Medley Relay - 1994, 1997;
 SF Roosevelt - 4 x 200m Relay - 2001, 2007, 2009; Medley Relay - 2004, 2005; 4 x 800m Relay - 2007;
 SF Washington - Medley Relay - 1986, 1987, 2009; 4 x 400m Relay - 2009
 Spearfish - 4 x 100m Relay - 1994, 1997; 4 x 200m Relay - 1994; 4 x 400m Relay - 2011
 Sturgis - 4 x 100m Relay - 1990; Medley Relay - 2007; 4 x 800m Relay - 2010;
 West Central - 4 x 200m Relay - 2004;
 Watertown - 4 x 200m Relay - 1989, 2006, 2008; 4 x 400 m Relay - 2005, 2007, 2008, 2012; 4 x 800m Relay - 1995; Medley Relay - 1990, 1991, 1993, 1999, 2011, 2012;
 Yankton - Medley Relay - 1995, 2002, 2006, 2008; 4 x 800m Relay - 2003, 2005, 2006, 2008, 2009

Most Individual “Gold Medal Awards” – Career

Eleven Awards

Megan Trotter, RC Central - Class "AA" (100m Dash - 2002, 2003; 200m Dash - 2002, 2003; 4 x 100m Relay - 2000, 2001, 2002, 2003; 4 x 200m Relay - 1999, 2002, 2003)

Ten Awards

Kari Heck, SF Washington - Class “AA” (4 x 400m Relay - 2009; 100m Dash - 2011, 2012; 200m Dash - 2010, 2011, 2012; 400m Dash - 2010, 2011, 2012; Long Jump - 2011)

Jasmyne King, RC Central - Class “AA” (100m Dash - 2007, 2008, 2010; 200m Dash - 2007, 2008; 400m Dash - 2007, 2008; Long Jump - 2007, 2008; 4 x 100m Relay - 2010)

Cherise Thompson, RC Stevens - Class "AA" (400m Dash - 1998, 1999, 2000; 800m Run - 1999; 2000; 4 x 400m Relay - 2000, 2001; 4 x 800m Relay - 1998, 2000, 2001)

Nine Awards

Jaime Pauli, Milbank - Class “A” (800m Run - 1993, 94; 1600m Run - 1993, 95, 96; 4 x 400m Relay - 1993; 4 x 800m Relay, 1994, 96; Medley Relay - 1996;)

Jill Theeler, Mitchell - Class “AA” (4 x 400m Relay- 1995, 96, 97; 100m Dash - 1996, 97; 200m Dash - 1996, 97; 400m Dash, - 1996, 97)

Anne Vollmer, RC Central - Class “AA” (100m Hurdles - 1991, 92, 93; 300m Hurdles - 1991, 92, 93; 4 x 200m Relay - 1992, 93; 4 x 400m Relay - 1992)

Eight Awards

Amber Abrams, RC Central - Class “AA” (100m Dash - 1998, 99; 200m Dash - 1998, 99; 4 x 100m Relay - 1998, 99; 4 x 200m Relay - 1998, 99)

Brittany Page, Watertown - Class “AA” (100m Dash, 200m Dash, 400m Dash, 4 x 200m Relay - 2006, 2008; 4 x 400m Relay - 2005, 2007, 2008)

Seven Awards

Allison Eckert, SF Roosevelt - (800m Run - 2006, 2007; 1600m Run - 2006; 3200m Run - 2004, 2005, 2006; 4 x 800m Relay - 2007)

Brittany Garner, RC Stevens - Class “AA” (100m Dash - 2004; 200m Dash - 2004, 2006; 400m Dash - 2006; 4 x 100m Relay - 2004; 4 x 200m Relay - 2005; 4 x 400m Relay - 2006)

Shannon Hattervig, RC Stevens - (4 x 400m Relay - 2000, 2001, 2002, 2003, 2004; 4 x 800m Relay - 2002, 2004)

Ramsey Kavan, Yankton - Class “AA” (1600m Run - 2002, 2004, 2005; 3200m Run - 2002; Medley Relay - 2002; 4 x 800m Relay - 2003, 2005)

Julie Schwengler, RC Stevens - Class “AA” (400m Dash - 2004; 800m Run - 2004; 4 x 400m Relay - 2001, 2002, 2003, 2004; 4 x 800m Relay - 2004)

Heather Sieler, Huron - Class “AA” (800m Run-1998, 2001, 2002; 4 x 400m Relay-1998, 99, Medley Relay-1998, 2000;)

Ann Westby, Brookings - Class "AA" (800m Run - 1989; 1600m Run - 1988, 89; 3200m Run - 1988, 89; 4 x 800m Relay - 1989; Medley Relay - 1988)

Six Awards

Jamie Krautschun, Spearfish - Class "AA" (100m Hurdles - 1994, 95, 97; 4 x 100m Relay - 1994, 97; 4 x 200m Relay - 1994)

Leslie Brost, Watertown – Class "AA" (Pole Vault – 2006, 2007, 2008; 4 x 400m Relay – 2007, 2008; 4 x 200m Relay - 2008)

Heidi Reed, Canton - Class "A" (1600m Run - 1990, 91, 92; 3200m Run - 1991, 92; Medley Relay - 1992)

Barb Riemenschneider, RC Stevens - Class "AA" (100m Hurdles - 1987, 88; 4 x 100m Relay - 1987, 88; 4 x 200m Relay - 1987, 88)

Steph Schueler, SF Lincoln - Class "AA" (100m Dash - 1986, 87; 200m Dash - 1986, 87; 400m Dash - 1986, 87)

Cori Vining, Huron - Class "AA" (4 x 400m Relay, 1998, 1999; 100m Hurdles – 1998, 2000; 300m Hurdles - 2000; 4 x 200m Relay - 2000)

Five Awards

Cara Groseth, RC Stevens – Class "AA" (4 x 200m Relay – 2010, 2011, 2012; 4 x 100m Relay – 2011, 2012)

Kacey Herrmann, RC Stevens – Class "AA" (Medley Relay – 2010; 4 x 100m Relay – 2011, 2012; 4 x 200m Relay – 2011, 2012)

Amy Jensen, Brandon Valley - Class "AA" (100m Dash - 1994, 95; 200m Dash - 1995; 4 x 100m Relay - 1995, 1996)

Julie Knight, RC Central - Class "AA" (300m Low Hurdles - 1988, 90; 4 x 800m Relay - 1988; 4 x 200m Relay, 4 x 400m Relay - 1990)

Meg Larson, Aberdeen Roncalli - Class "A" (800m Run - 1995, 96, 97; 1600m Run - 1997; 4 x 800m Relay - 1998)

Sara Miller, RC Central – Class "AA" (4 x 100m Relay – 2001, 2002, 2003; 4 x 200m Relay – 2002, 2003)

Karissa Prpich, RC Stevens – Class "AA" (4 x 200m Relay – 2010, 2011, 2012; 4 x 100m Relay – 2011, 2012)

Kelly Rhodes, SF Lincoln - Class "AA" (100m Hurdles - 1986; 300m Low Hurdles - 1986, 87; 4 x 400m Relay - 1986, 87)

Four Awards

Taylor Baker, RC Stevens – Class "AA" (Long Jump – 1996, 1998; Triple Jump – 1996, 1998)

Aubrey Baxter, Redfield – Class "A" (Shot Put – 2003, 2004; Discus – 2003, 2004)

Becca Bedard, RC Stevens – Class "AA" (4 x 200m Relay – 2005; 4 x 100m Relay – 2006, 2007, 2008)

Darcy Biers, RC Stevens - Class "AA" (4 x 100m Relay, 4 x 200m Relay - 1987, 88)

Jodi Bowne, Elkton - Class "B" (400m Dash - 1991, 92; 100m Dash, 200m Dash - 1992)

Kalie Cox, Watertown – Class "AA" (4 x 200m Relay – 2006, 2008; 4 x 400m Relay – 2005, 2008)

Krista Creager, Yankton – Class "AA" (800m Run – 2008; Sprint Medley Relay – 2006, 2008; 4 x 800m Relay - 2009)

Emily DeVries, RC Stevens – Class "AA" (4 x 400m Relay – 2006; 300m Low Hurdles – 2006, 2007; 100m Int Hurdles – 2007)

Shannon Hellman, Douglas – Class "AA" (100m Hurdles – 2004, 2005; 300m Low Hurdles – 2004, 2005)

Megan Hilson, Yankton – Class "AA" (3200m Run – 2008, 2009; 4 x 800m Relay – 2008, 2009)

Sarah Hoffman, Mitchell - Class "AA" (4 x 400m Relay - 1995, 96, 97; 300m Hurdles-1999)

Leia Jackson, RC Central – Class "AA" (4 x 100m Relay – 2002, 2003; 4 x 200m Relay – 2002, 2003)

Amanda Kuchta, Yankton – Class "AA" (4 x 800m – 2003, 2005; Medley – 2006)

Althea Meeter, Cheyenne-Eagle Butte - Class "A" (100m Dash, 200m Dash - 1990, 91)

Michelle Mellegaard, Bridgewater - Class "B" (Long Jump - 1993, 95; Triple Jump - 1994, 95;)

Courtney Murray, RC Central – Class "AA" (4 x 100m Relay – 2000, 2001, 2002; 4 x 200m Relay – 2002)

Stephanie Peterson, RC Stevens - Class "AA" (4 x 100m Relay, 4 x 200m Relay - 1987, 88)

Rhonda Sheffield, Highmore - Class "B" (300m Hurdles - 1995, 96, 97; 100m Hurdles - 1996)

Brittany Stangl, Watertown – Class "AA" (Sprint Medley Relay – 2012; Pole Vault – 2010, 2011, 2012)

Rachel Weinandt, Yankton – Class "AA" (4 x 800m Relay – 2008, 2009; Sprint Medley Relay – 2008; 800m Run - 2010)

Three Awards

Alayna Aker, RC Central - Class "AA" (Long Jump - 1991; Long Jump, 4 x 100m Relay - 1992)

Ericka Bakke, Salem - Class "A" (200m Dash - 1988; 100m Dash - 1989; Long Jump - 1990)

Betsy Bies, Yankton – Class "AA" (4 x 800m Relay – 2005, 2006; 3200m Run – 2007)

Megan Bren, SF Roosevelt – Class "AA" (100m Dash – 2006; 4 x 200m Relay 2007, 2009)

Abby Davis, Watertown – Class "AA" (Sprint Medley Relay – 2011, 2012; 4 x 400 m Relay – 2012)

Anne Doshier, RC Stevens – Class “AA” (4 x 400m Relay – 2003; 4 x 100m Relay – 2004; 4 x 200m Relay – 2005)
Jessica Fox, Watertown - Class "AA" (1,600m Sprint Medley - 1999; 1,600m Run - 1999; 3,200m Run - 2000)
Brooke Garner, RC Stevens – Class ‘AA’ (Shot Put – 2008; Discus Throw – 2007-2008)
Sara Gill, RC Central - Class “AA” (4 x 100m Relay, 4 x 200m Relay, 4 x 400m Relay - 1992)
Tamara Gorman, RC Stevens – Class “AA” (1600m Run – 2011; 3200m Run – 2011; 4 x 800 Relay – 2011)
Kayla Gosnell, RC Stevens – Class “AA” (4 x 100m Relay – 2004, 2006, 2007)
Cariss Hauck, Watertown – Class “AA” (4 x 200m Relay – 2006; 4 x 400m Relay – 2005, 2007)
Tia Hemiller, Watertown – Class “AA” (Sprint Medley Relay – 2011, 2012; 4 x 400 m Relay – 2012)
Mariah Hofer, Yankton – Class “AA” (4 x 800m Relay – 2008, 2009; 3200m Run – 2010)
Jeana Hoffman, Mitchell – Class “AA” (300m Hurdles – 2001, 2002, 2003)
Lindsey Keck, RC Stevens – Class “AA” (4 x 800m Relay – 1999, 2000, 2001)
Dawn Koehn, Watertown - Class “AA” (200m Dash, 400m Dash, 4 x 200m Relay - 1989)
Tamiko Kopfman, Huron – Class “AA” (Long Jump – 2005, 2006; Triple Jump – 2006)
Beth Mueller, RC Stevens – Class “AA” (4 x 400m Relay – 2002, 2003, 2004)
Kylee Nolan, RC Stevens – Class “AA” (4 x 400m Relay – 2010; Medley Relay – 2010; 4 x 200m Relay - 2011)
Ramsee Pagel, RC Stevens – Class “AA” (4 x 400m Relay – 2000, 2001, 2002)
Mallory Peck, SF O’Gorman – Class “AA” (Pole Vault – 2004, 2005; Triple Jump – 2005)
Janie Sershen, Chester – Class “A” (Long Jump – 2001; High Jump – 2002; Triple Jump – 2002)
Ashley Storm, Yankton – Class “AA” (4 x 800m – 2003, 2005, 2006)
Ashley Thompson, RC Stevens – Class “AA” (100m Hurdles – 2012; 300m Hurdles – 2011, 2012)
Beth Wahl, Pierre - Class “AA” (4 x 400m Relay - 1991; High Jump - 1992, 93)

GIRLS' TRACK AND FIELD MEET OFFICIAL RECORDS
(Made under the auspices of the
South Dakota High School Activities Association at its Annual Track and Field Meet)

If a state record is recorded as a hand-held time, a fully automatic time within .24 seconds of the hand held time will also be recorded as a state record. Both times will be recorded until the fully automatic time is actually faster than the recorded hand held time.

100 Meter Dash	1996	Jill Theeler, Mitchell (Prelims)	11.90
200 Meter Dash	1996	Jill Theeler, Mitchell (Prelims)	*24.70
	2005	Brittany Page, Watertown	24.72
400 Meter Dash	1997	Jill Theeler, Mitchell	55.49
800 Meter Run	2006	Allison Eckert, SF Roosevelt	2:11.24
1600 Meter Run	2005	Ramsey Kavan, Yankton	4:46.84
3200 Meter Run	2005	Allison Eckert, SF Roosevelt	10:38.66
100 Meter Hurdles (33")	2009	Neveda Sorenson, SF Lincoln	14.12
300 Meter Low Hurdles	1992	Anne Vollmer, RC Central	43.44
4 x 100 Meter Relay	1998	RC Central (Prelims) Rhoades, Maguire, Svalstad, Abrams	48.89
4 x 200 Meter Relay	2006	Watertown (Prelims) Lauseng, Cox, Hauck, Page	1:41.29
4 x 400 Meter Relay	2006	RC Stevens S. Pagel, DeVries, Jansen, Garner	3:53.49
4 x 800 Meter Relay	2004	RC Stevens Blackler, S. Pagel, Hattervig, Schwengler	9:10.26
Sprint Medley Relay	2009	SF Washington Houseman, Fantroy, Smith, O'Diel	4:10.91
Shot Put (4kg)	2005	Lynnae Fox, Newell	46'03.50"
Discus	1980	Karen McDonald, Watertown	151'11.00"
High Jump	1993	Beth Wahl, Pierre	5'09.25"
Long Jump	2008	Jasmyne King, Rapid City Central	18'10.75"
Triple Jump	2011	Alexis Gannon, Brookings	39'05.75"
Pole Vault	2008	Leslie Brost, Watertown	12'10.00"

* Indicates Hand Held Time

Track events listed in meters. Field events listed in feet and inches.
 Fully Automatic Times are listed in 1/100 of second. Hand Held Times are listed in 1/10 of second.

GIRLS' CLASS "B" RECORDS

If a state record is recorded as a hand-held time, a fully automatic time within .24 seconds of the hand held time will also be recorded as a state record. Both times will be recorded until the fully automatic time is actually faster than the recorded hand held time.

100 Meter Dash	2009	Carly Carper, Oldham-Ramona/Rutland	11.98
200 Meter Dash	2009	Carly Carper, Oldham-Ramona/Rutland	24.85
400 Meter Dash	2003	Andrea Warnke, Bonesteel-Fairfax	56.46
800 Meter Run	2003	Andrea Warnke, Bonesteel-Fairfax	2:15.24
1600 Meter Run	2003	Melinda Zirbel, Summit	5:04.51
3200 Meter Run	2003	Melinda Zirbel, Summit	11:02.24
100 Meter Hurdles (33")	1996	Rhonda Sheffield, Highmore	14.80
300 Meter Low Hurdles	1996	Rhonda Sheffield, Highmore	44.63
4 x 100 Meter Relay	2011	Oldham-Ramona/Rutland Olson, Thurow, Hagemann, Carper	49.93
4 x 200 Meter Relay	2009	Rosholt/Fairmount, ND Heesch, Meyer, Ca. Anderson, Co. Anderson	1:44.88
4 x 400 Meter Relay	2012	Ipswich A. Heinz, Lloyd, Gauer, M. Heinz	4:02.72
4 x 800 Meter Relay	1980	Kadoka M. Parke, Porch, T. Parke, Herber	9:41.53
Sprint Medley Relay	2012	Castlewood Little, Johnson, McEldowney, Strait	4:17.36
Shot Put (4kg)	2003	Jocelyn Dockendorf, Corsica	43'03.75"
Discus	2005	Amber Brodersen, Wolsey-Wessington	145'06.00"
High Jump	2011	Kelsey Kaufmann, Arlington	5'06.25"
Long Jump	2009	Christy Schultz, RC Christian	18'09.50"
Triple Jump	1994	Michelle Mellegaard, Bridgewater	38'06.50"
Pole Vault	2009	Calley Worth, Gettysburg	11'03.00"
	2009	Brigitte Gross, Hanson	

* Indicates State Record

Track events listed in meters. Field events listed in feet and inches.

Fully Automatic Times are listed in 1/100 of second. Hand Held Times are listed in 1/10 of second.

GIRLS' CLASS "A" RECORDS

If a state record is recorded as a hand-held time, a fully automatic time within .24 seconds of the hand held time will also be recorded as a state record. Both times will be recorded until the fully automatic time is actually faster than the recorded hand held time.

100 Meter Dash	1990	Althea Meeter, Cheyenne-Eagle Butte (Prelims)	12.25
	2008	Alexa Duling, Gregory	12.25
200 Meter Dash	1991	Althea Meeter, Cheyenne-Eagle Butte	25.15
400 Meter Dash	2006	Alicia Brown, Vermillion	56.69
800 Meter Run	1996	Meg Larson, Aberdeen Roncalli	2:16.79
1600 Meter Run	1991	Heidi Reed, Canton	5:03.16
3200 Meter Run	1991	Heidi Reed, Canton	11:08.85
100 Meter Hurdles (33")	2004	Lindsay House, Lennox	14.73
300 Meter Low Hurdles	1981	Amy Allard, Jefferson	44.60
4 x 100 Meter Relay	2005	Madison (Prelims) Postma, Hatting, Dailing, Postma	49.73
4 x 200 Meter Relay	2005	West Central White, Lange, Rosenbrook, Krell	1:44.41
4 x 400 Meter Relay	2003	Beresford Homandberg, Bak, Hyronimus, McGill	4:02.89
4 x 800 Meter Relay	1997	Aberdeen Roncalli J. Cameron, K. Cameron, Pierce, Larson	9:31.37
Medley Relay	1984	Custer (Prelims) Young, Uttecht, Treatheway, Darley	4:15.30
Shot Put (4kg)	2005	*Lynnae Fox, Newell	46'03.50"
Discus	2001	Sarah Stevens, Hot Springs	151'08.00"
High Jump	1985	Stacey Johnson, Platte	5'09.00"
Long Jump	1990	Ericka Bakke, Salem	18'04.50"
Triple Jump	1992	Denise Kocer, Wagner	37'07.50"
Pole Vault	2010	Jessica Koupal, Wagner	11'04.00"

* Indicates State Record

Track events listed in meters. Field events listed in feet and inches.

Fully Automatic Times are listed in 1/100 of second. Hand Held Times are listed in 1/10 of second.

GIRLS' CLASS "AA" RECORDS

If a state record is recorded as a hand-held time, a fully automatic time within .24 seconds of the hand held time will also be recorded as a state record. Both times will be recorded until the fully automatic time is actually faster than the recorded hand held time.

100 Meter Dash	1996	*Jill Theeler, Mitchell (Prelims)	11.90
200 Meter Dash	1996	*Jill Theeler, Mitchell (Prelims)	**24.70
	2005	Brittany Page, Watertown	24.72
400 Meter Dash	1996	*Jill Theeler, Mitchell	55.49
800 Meter Run	2006	*Allison Eckert, Sioux Falls Roosevelt	2:11.24
1600 Meter Run	2005	*Ramsey Kavan, Yankton	4:46.84
3200 Meter Run	2005	*Allison Eckert, Sioux Falls Roosevelt	10:38.66
100 Meter Hurdles (33")	2009	*Nevada Sorenson, Sioux Falls Lincoln	14.12
300 Meter Low Hurdles	1992	*Anne Vollmer, RC Central	43.44
4 x 100 Meter Relay	1998	*RC Central (Prelims) Rhodes, Maguire, Svalstad, Abrams	48.89
4 x 200 Meter Relay	2006	*Watertown (Prelims) Lauseng, Cox, Hauck, Page	1:41.29
4 x 400 Meter Relay	2006	*RC Stevens S. Pagel, DeVries, Jansen, Garner	3:53.49
4 x 800 Meter Relay	2004	*RC Stevens Blackler, S. Pagel, Hattervig, Schwengler	9:10.26
Medley Relay	2009	*SF Washington Houseman, Fantroy, Smith, O'Diel	4:10.91
Shot Put (4kg)	1996	Lisa Griebel, SF Roosevelt	46'00.00"
Discus	1980	*Karen McDonald, Watertown	151'11.00"
High Jump	1993	*Beth Wahl, Pierre	5'09.25"
Long Jump	2008	*Jasmyne King, Rapid City Central	18'10.75"
Triple Jump	2011	*Alexis Gannon, Brookings	39'05.75"
Pole Vault	2008	*Leslie Brost, Watertown	12'10.00"

* Indicates State Record

** Indicates Hand Held Time

Track events listed in meters. Field events listed in feet and inches.
Fully Automatic Times are listed in 1/100 of second. Hand Held Times are listed in 1/10 of second.

GIRLS' STATE CHAMPIONS AND RUNNERS-UP

Girls' Track - One Class System

	<u>Champion</u>	<u>Runner-Up</u>		<u>Champion</u>	<u>Runner-Up</u>
1969	Tyndall	Brookings	1971	Douglas (EAFB)	Hurley
1970	Tyndall	Hurley	1972	Redfield	Mission

Girls' Class "B" Track - Two Class System

	<u>Champion</u>	<u>Runner-Up</u>		<u>Champion</u>	<u>Runner-Up</u>
1973	Tyndall	Mellette	1974	Wall	Springfield

Girls' Class "A" Track - Two Class System

	<u>Champion</u>	<u>Runner-Up</u>		<u>Champion</u>	<u>Runner-Up</u>
1973	Redfield	Yankton	1974	Sioux Falls Lincoln	Aberdeen Central

Girls' Class "B" Track - Three Class System

	<u>Champion</u>	<u>Runner-Up</u>		<u>Champion</u>	<u>Runner-Up</u>
1975	Faith	Centerville	1994	Hoven	Baltic
1976	White River	Faith	1995	Faulkton	Hoven
1977	Dakota Christian	Pollock	1996	Hoven	Faulkton
1978	Dakota Christian	White River	1997	Herreid	Hoven
1979	Frederick	Dakota Christian	1998	Faulkton	Elkton
1980	Dakota Christian	Frederick	1999	Chester	Marion
1981	Armour	Dakota Christian	2000	Chester	Marion
1982	Armour	Estelline	2001	Chester	Colman-Egan
1983	Armour	Eureka	2002	Colman Egan	Bonesteel-Fairfax
1984	Eureka	Sioux Falls Christian	2003	Bonesteel-Fairfax	Colman-Egan
1985	Sioux Falls Christian	Eureka	2004	Eureka	Colman-Egan
1986	Arlington	Eureka	2005	Bonesteel-Fairfax	Bridgewater/Emery
1987	Arlington	Bridgewater	2006	James Valley Christian	Colman-Egan
1988	Bridgewater	Lake Preston	2007	Faulkton	Colman-Egan
1989	Bridgewater	Lake Preston	2008	Hanson	Rosholt/Fairmount ND
1990	Lake Preston	White Lake	2009	Hanson	Rosholt/Fairmount ND
1991	Lake Preston	Hoven	2010	Oldham-Ramona/Rutland	Rosholt/Fairmount ND
1992	Hoven	Hitchcock	2011	Oldham-Ramona/Rutland	Rosholt/Fairmount ND
1993	Doland/Conde	Hoven	2012	Ipswich	Oldham-Ramona/Rutland

Girls' Class "A" Track - Three Class System

	<u>Champion</u>	<u>Runner-Up</u>		<u>Champion</u>	<u>Runner-Up</u>
1975	Wall	Freeman	1994	Milbank	Madison
1976	Flandreau Burke (tie)	Freeman	1995	Milbank	Vermillion
1977	Freeman	Kimball	1996	Hot Springs & Milbank	
1978	Burke	Kimball	1997	Hot Springs	Lennox
1979	Kimball	Salem	1998	Lennox	Garretson
1980	Salem	Freeman	1999	Lennox	Hot Springs
1981	Jefferson	Redfield	2000	Lennox	Miller
1982	Jefferson	Salem	2001	Redfield	Lennox
1983	Jefferson	Custer	2002	Winner	Beresford
1984	Jefferson	Custer	2003	Redfield	Beresford
1985	Jefferson	Miller	2004	West Central	Parker
1986	Bennett County	Miller	2005	West Central	Aberdeen Roncalli
1987	Spearfish	Bon Homme	2006	St. Thomas More	Vermillion
1988	Freeman	Milbank	2007	St. Thomas More	Vermillion
1989	Salem	Beresford	2008	Vermillion	St. Thomas More
1990	Hot Springs	Madison	2009	St. Thomas More	Wagner
1991	McCook Central	Lennox	2010	Clark/Willow Lake	St. Thomas More
1992	Sioux Valley	Madison	2011	West Central	Clark/Willow Lake
1993	Spearfish	Milbank	2012	West Central	Milbank

Girls' Class "AA" Track - Three Class System

	<u>Champion</u>	<u>Runner-Up</u>		<u>Champion</u>	<u>Runner-Up</u>
1975	Sioux Falls Lincoln	Rapid City Stevens	1994	Rapid City Central	Spearfish
1976	Sioux Falls Lincoln	Watertown	1995	Yankton	Rapid City Stevens
1977	Sioux Falls Washington	Watertown	1996	Rapid City Stevens	Aberdeen Central
1978	Watertown	Brookings	1997	Rapid City Stevens	Spearfish
1979	Brookings	Watertown	1998	Rapid City Stevens	Huron
1980	Brookings	Watertown	1999	Rapid City Stevens	Huron
1981	Yankton	Watertown	2000	Rapid City Stevens	Huron
1982	Yankton	Watertown	2001	Rapid City Stevens	Rapid City Central
1983	Huron	Watertown	2002	Rapid City Stevens	Rapid City Central
1984	Yankton	Sioux Falls Washington	2003	Rapid City Stevens	Rapid City Central
1985	Rapid City Stevens	Sioux Falls Lincoln	2004	Rapid City Stevens	Sioux Falls Roosevelt
1986	Rapid City Stevens	Sioux Falls Lincoln	2005	Rapid City Stevens	Sioux Falls Roosevelt
1987	Sioux Falls Lincoln	Rapid City Stevens	2006	Rapid City Stevens	Sioux Falls Roosevelt
1988	Rapid City Stevens	Brookings	2007	Rapid City Stevens	Rapid City Central
1989	Brookings	Rapid City Central	2008	Rapid City Stevens	Yankton
1990	Sturgis	Rapid City Central & Pierre	2009	Rapid City Central	Sioux Falls Lincoln
1991	Rapid City Central	Rapid City Stevens	2010	Rapid City Stevens	Yankton
1992	Rapid City Central	Mitchell	2011	Rapid City Stevens	Sioux Falls Washington
1993	Rapid City Central	Watertown	2012	Rapid City Central	Rapid City Stevens